

MAY-JUNE 1985

# GreenWave

The Local Alternative

## LOOKING AT YOUNG PEOPLE

No 7



CAMBRIDGE REGION



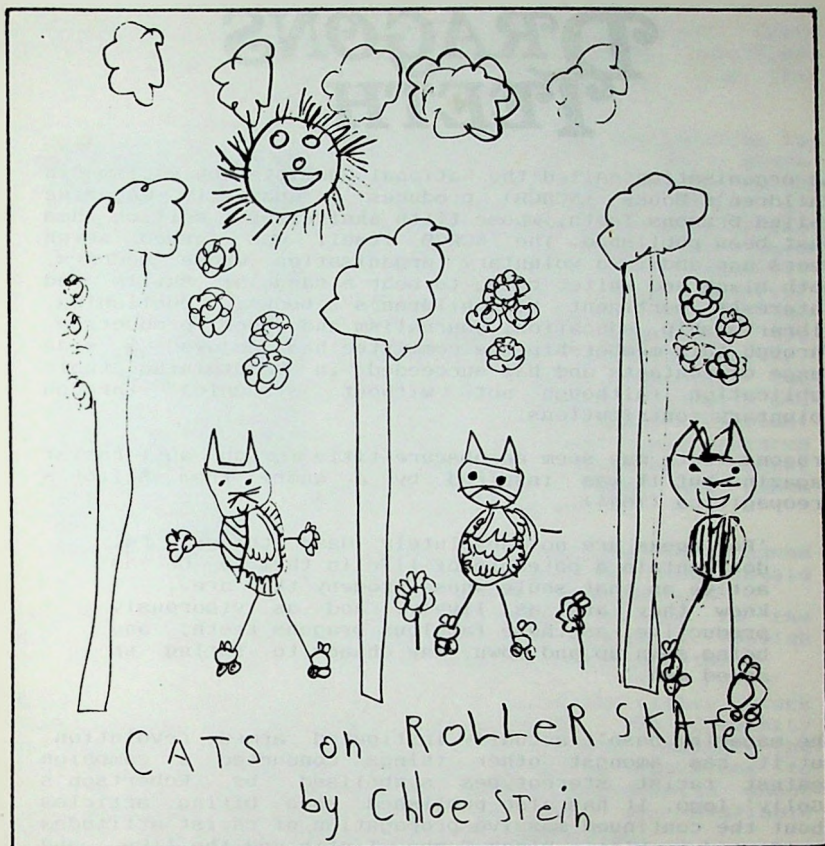
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COPY DEADLINE FOR NEXT ISSUE: JUNE 1st '85

Greenwave is at: The Gate House, Fen Road, Milton, Cambridge, CB4 4AF. Telephone C.861749

Greenwave is produced entirely by voluntary labour. More help is always welcome. Contact as above. All cheques payable to 'Greenwave'. The views expressed in the articles are not necessarily those of the Greenwave group.



Like the cover says, this issue is mainly dedicated to items about, and by, young people. How well are we equipping them to create the future? Are we simply feeding them our own prejudices - whether these are 'orthodox' prejudices or 'alternative' ones?

Following in the footsteps of TOES (The Other Economic Summit) which meets as we go to press, we aim to focus the next issue on the New Economics, ways of looking at economics based on values other than the profit motive, unlimited growth and the exploitation of human and material resources. All contributions, ideas and opinions are welcome and need to arrive before June 1st.

Young art from Angi Jackson-Main art classes Tel. C.276637



# DRAGONS TEETH

An organisation called the National Committee on Racism in Children's Books (NCRCB) produces a quarterly magazine called Dragons Teeth, whose fifth anniversary edition has just been published. The NCRCB itself was formed seven years ago and is a voluntary organisation whose members, both black and white, bring to bear a range of skills and interests pertinent to children's books: publishing, librarianship, education, journalism and book production. Through this membership the committee has enjoyed a wide range of contacts and has succeeded in maintaining their publication (although not without struggle) through voluntary contributions.

Dragons Teeth may seem an obscure title for an anti-racist magazine but it was inspired by a quote from Milton's *Areopagitica* (1644):

'For Books are not absolutely dead things, but doe contain a potencie of life in them to be as active as that soule whose progeny they are... I know they are as lively, and as vigorously productive, as those fabulous Dragons teeth; and being sown up and down, may chance to spring up armed men.'

The magazine hasn't actually instigated armed revolution, but it has amongst other things conducted a campaign against racist stereotypes symbolised by Robertson's 'Golly' logo. It has also published some biting articles about the continued massive propagation of racist attitudes manifested in Little Black Sambo, Tintin and the like, and has looked at the issue of racism in education and the media. In the latest edition Errol Lloyd, a well known black author and illustrator of children's books, makes a statement about his own publisher - The Bodley Head - who have recently bought the copyright for the Little Black Sambo series. Errol declares he cannot be associated with such a publisher and therefore feels forced to conclude a twelve-year relationship with them.

In addition to the lively articles examining the broad issues of racism in children's books and related areas, Dragons Teeth also always contains a section of book reviews which has proved a popular and useful source of reference for teachers, librarians and parents who want

information to help them avoid racist stereotypes. When books are about a particular ethnic group, the committee tries to find a reviewer from that background so that the reviews are informed and accurate.



Another feature of the magazine is a series called 'The Black Contribution Ignored' which provides a much needed source of material on some remarkable Blacks who, because of their colour, have failed to receive from posterity the recognition they deserve. Those featured so far include the black actor Ira Aldridge, the composer Samuel Coleridge-Taylor, the nurse Mary Seacole, the journalist Claudia Jones, and Britain's first black MP Dadabhai Naoroji. The latest issue features the radical Spencean Robert Wedderburn. Are these all names you have heard of?

Annual subscriptions to Dragons Teeth are £3.00 for individuals and £5.00 for organisations.

Cheques, made payable to the NCRCB, should be sent to the secretary, NCRCB, Notting Hill Methodist Church, 7 Denbigh Rd, London W11 2SJ. It is also available at Grapevine.

● Heffers Children's Bookshop still stock the Little Black Sambo series and some other racist books. The Community Relations Council have instigated a boycott against the children's bookshop, and have also produced petitions to try and stop Heffers selling the books. More details about the campaign, and copies of the petition, are available from the CRC, Bath House, Gwydir St, Cambridge.

David Cutting

# Hypnotherapist

JILL MAGUIRE  
B.Ed (Hons)  
C.M.H. C.Hyp.  
Tel. C.315442



STRESS MANAGEMENT  
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# WHAT'S WRONG WITH THE NEW AGE MOVEMENT?

by Sarina LaRive

Little boy to mother, "What's a wholistic movement?" Mother, "A movement that is complete, made up of many parts that form one whole. Why do you ask?" Little boy, "I just heard someone say that the wholistic movement seems to be constipated, why do you think they said that?" Mother, "Well, son, I think the remark has to do with a lot of the people who consider themselves to be practitioners of wholistic living and thinking. They all just seem to be full of more "THOU SHALL NOT'S" than the Old Testament. To live wholistically you have to learn and set an example of cooperation and flow, harmony to resistance. So many of these New Age people seem to emphasize a position of "Anti" this and "Anti" that it's hard to tell just what they are really FOR! Sometimes the New Agers become more narrow minded than their so called traditional counterparts ever were. It probably is a real challenge to keep oneself balanced and develop an awareness of levels and degrees. Morality is a large issue in the New Age concepts, black and white, right versus wrong, either/or kind of reasoning. They have a very long way to go before they realize their goal with that kind of fixation. There has to be a greater perspective achieved and priorities organized. It is important for all of us to learn to NETWORK, INTEGRATE and SYNTHESIZE. But everyone is still trying to put New Wine into Old Bottles."

"CONCLUSIVE  
DOES NOT  
MEAN  
EXCLUSIVE"  
SUFi SAYING.

THE ART  
by SARINA  
THE GARDEN  
SMITHIAN TRUST

(camb)  
322100

SARINA  
LARIVE

spiritual midwife

ADVERT

# New Games



'NEW GAMES EXPLAINED.'

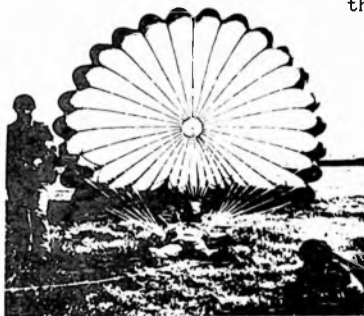
'What's that you're playing with, mister?' asked the seven year old.

'A parachute,' I replied.

'Oh,' he said with a bemused look. The mental struggle continued and then understanding lit up his face: 'You've just parachuted in from a plane?'

Well, not quite. New Games players do use parachutes, but we haven't just jettisoned ourselves from flame-engulfed planes and then decided to make up games with the parachute from our backs!

The original idea came from California-where else?-in the late 60s and has been spreading throughout the world ever since. The central ethos is that of people playing together rather than competitively-which means no winners and no losers. I'm sure we can all remember from our school days those who were 'good' at sport and those who were 'bad'. Equally clear to me from across the years was the dreadful cruelty of the exclusion of those less able. The children who no-one wanted to pick in their sides were always left to the last when selecting teams. Coupled with this was the equally harsh first-past-the-post winner and the rest all losers.



QUICK - GET THE CHUTE DOWN, HERE COME  
THAT NEW GAMES LOT AGAIN!

Well, New Games are different. They promote the idea of people playing together in a way that fosters co-operation and team spirit. Yes, we do sometimes use a parachute but that is often in a 'cold' situation where people have just no idea what New Games are about and you need to attract a crowd. I've found that although I enjoy parachute games my most enjoyable and memorable moments have been playing with no equipment at all. And that's another thing: you don't have to be strong to be 'good' at New Games, nor young, nor clever, nor agile. In fact, anyone can play regardless of age, sex or size. You just need a group of people who are willing to get together-inside or outside-and to forget about winning or losing but just enjoy having fun in an atmosphere of non-competitive play.

There is a degree of difficulty in conveying the idea of New Games through writing because they're meant to be played first and possibly talked about afterwards. So if you want to play, or find out how to play 'People Pass'; 'Spirals'; 'Prui'; and dozens more or make up your own New Game, then you'll be interested to know I hope to start a New Games group in Cambridge for children and adults in the spring.

Do 'phone and find out more. Clive Jones Tel. C.210996



# Merry-Go-Round TOY LIBRARY

The Merry-Go-Round Toy Library was formed by a group of parents who felt that this facility would be of great value to people living on the south side of the city who were interested in child care. The purpose of the Library is to provide toys of a stimulating and educational nature, at a low cost, for children in the area.

The Library is held on Mondays, 2-4:00 in the afternoon, fortnightly, beginning February 25th 1985 in the Community Room of St. Philip's School, Vinery Way. (Sorry - We're closed on Bank Holidays and for two weeks in the Summer Holidays.) At the moment toys are purchased with the under-fives in mind, but as stocks increase and our membership grows, perhaps a wider range of toys will be available to span a wider age-group. It is hoped members will use the toy suggestion book, available each session to allow toy buyers to express their views on just which toys they want to see in the library.

Anyone can join the library. There is a Registration Fee of 50p for each family to join. Membership will lapse if the Library is not used for more than one year. There is a borrowing charge of 25p per toy per session, normally a fortnight. A few expensive toys, marked with an 'X' (eg. trampoline) are charged at 50p. Until we have assessed demand, only one toy per child may be borrowed. If a member is unable to attend the next session, they may give the toys to a friend to return for them. If they are not returned in time there will be a further charge of 25p (50p for 'X' toys) per session thereafter.



We would like members to bear in mind 3 things when borrowing toys:

1. Please return toys in a clean condition;
2. If toys get broken or pieces lost, please tell us when you return them. They can then be repaired or replaced. If missing pieces turn up later, please bring them back.
3. Take care of boxes and bags and where appropriate put them on one side until it is time to return the toys.



# Kids Corner

NEWS!...from the Grapevine Radical Bookshop Cooperative in Cambridge:

An as yet small group is meeting weekly in Cambridge with the aim of setting aside a corner of the main Grapevine Bookshop to offer books for younger readers. We decided that we don't just want the non-sexist and non-racist publications, we prefer to go one step further and try to stock anti-sexist and anti-racist books. We need help in forming a list of books which fit the bill. If you can suggest any titles, or if you have any names or addresses we could contact, please let us know.

Hopefully in the summer, we will be holding a week of workshops which will incorporate visiting storytellers, readers, writers and Artists. Everybody will be welcome, although we are especially aiming towards younger people. Once again, if you can help us to find workshop leaders, or if you or any of your friends are interested in coming along, please contact us... (P.S. Donations welcome!)



Get in touch either at Grapevine - and leave your name and address - or ring Rahelly on C. 214341, or Aileen, C. 63875

HYPNOTHERAPY

PSYCHOTHERAPY

REFLEXOLOGY

BACH FLOWER REMEDIES



Sujato Houwen  
DHP MAHP

Madingley:  
211041

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It is not too much to think about, is it?...However, it will aid the smooth running of the library.

Our income comes from donations, borrowing charges and fund-raising efforts. (Have you any jumble for our big jumble-sale in May? Ring a number below!)

The Library is run entirely by volunteers, so why not join us or offer your help if you can - or do both. We need helpers to run the sessions and we are looking for someone, possibly without young children, to make and serve refreshments to the members. Any further information can be obtained from Alex, 249166, or Gina, 245730.

# letters



## E·codes

45 Hobson Street

March 18  
Greenwave

Dear Editor

I was interested in your thing on food additives. I'm not an expert but am what I suppose you could call an informed layperson. I was a bit worried about it, because it lends itself to a rather over simplified view of things.

- 1 Who wrote it? Why did they not get named or at least give some indication of their right to pontificate?
- 2 Why the French research, and not the american, dutch, russian, brit or other? They all vary a bit, no doubt, and in different ways.
- 3 More serious, there is no way you can see the different basis for each comment in that list. Some are well researched, and seriously true (eg tartrazine does cause problems, though dangerous may be a bit extreme). Others are silly - eg citric acid is present in every citrus fruit, but you say it causes cancer and cold sores (or is it only french oranges that cause it?). Most are probably somewhere in between. But the research is not highly developed, so its unwise to be dogmatic. That applies as much to things you call "harmless" as to the others.

- 4 There is no equation between naturalness and healthiness. Plenty of natural things are bad for you. The tests which demonstrate carcinogenesis (isn't that what most people call it?) consist of stuffing vast overdoses into laboratory animals (which usually have a different metabolism from humans anyway). There is little chance of these poor creatures not getting something nasty if you do that to them. Often what they get is cancer. What does that prove?

It is ironic that in the same piece you seem to indicate disapproval of these fiendish testing procedures while at the same time disseminating their rather dubious results.

- 5 I find myself sceptical about things that are as vague as "hyperactivity". What is it? How can you be sure that its caused by something you've eaten? Does it suddenly start after a pleasant dinner of cochineal red? (Cochineal is totally natural - its made of squashed insects).
- 6 You say many of these things happen to children who are "sensitive". Normally that means there is something in them that attacks the food (their defence mechanisms go into overdrive when the poor innocent food comes into the viewfinder). Its nothing to do with the food (or additive). If we banned everything anyone is sensitive to, there would be nothing left to eat. If you're sensitive to something, you just have to learn to avoid it. It doesn't mean that it's dangerous to everyone. The most common food allergy in childhood is to cowsmilk protein. Does that make milk "dangerous"? Yes, but only to some unfortunate people. To the rest of us, its a fine source of chemical foodstuff.
- 7 You obviously disapprove of chemical additives. All foods are basically chemicals - additives are too, and so are people. Are you distinguishing chemical additives from spiritual or metaphysical ones?

Additives have been used for hundreds of years. Some are natural, some synthetic. Some synthetic ones are safe, some natural ones are not. As you also say, the interactions are complex and fascinating; things are not correlated one to one. Holistic medicine acknowledges this; I think a more holistic and less simplistic approach would have been welcome here.

I don't mean to suggest that there is nothing to talk about. In fact I know there's a lot more to say. But it isn't a simple, black and white issue with the additive adders on the side of the devil and the wholefood guzzlers chewing roughage for the salvation of humankind.

I hope others will carry on the debate in future issues of Greenwave.  
Yours anonymously

Martin Good

## --- more E-codes ---

Dear Greenwave,

I used your E-Codes pull-out to do a survey on what goes into food. My friends and I went down to see the school cook in her kitchen. She showed us to her pantry and we studied the ingredients on nearly everything. It was disgusting! A lot of the drinks contained E102 (Tartrazine) which is dangerous. E123 (Amaranth) is very dangerous and prohibited in the USSR and USA, many things contained it too. E320 and E321 are cholesterol and very popular.

SMITHS MONSTER MUNCH Roast Beef flavour contains numerous dangerous additives (E320, E321, E123 and monosodium glutamate). My friend (a Monster Munch lover) swore never to eat Monster Munch ever again! Our school cook said she would find it difficult to cook without these additives, but we hope it has made her think. I carried out a full check at home and found that PENGUINS are virually poisonous and had been bought with the intention only to feed us with chocolate and biscuit. My next move will be to go to a supermarket and look at food there. I hope many other Greenwave readers make use of your E-Code pull-out as I have done.

Yours Sincerely, Lucy Gibbons (age 10)

## D'ya wanna dance?

D'Ya Wanna Dance?

Dear Mark Palmer,

I've been moaning & groaning ever since I came to Cambridge about the town not having anywhere you can go and have a dance, have some fun and let your hair down. That is, there's no alternative to Ronelles except perhaps the Midland Tavern. Unfortunately the Midland has a bit of a reputation and many people are afraid of going there, & anyway its very smokey and boozey.

Only this evening someone came round to my house & started complaining about the very same thing. I've never talked to her about it before. So we had the idea of writing to you about it & maybe airing the idea in Greenwave.

Personally I feel I need that sort of place as a means of letting go - self expression. To have a good dance really does one a lot of good physically and mentally. And it's good way for people to get together and have some fun. There's so much in the way off serious therapy in Cambridge, but very little in the way of fun. So maybe



there's someone out there who would like to organise such a thing (maybe a weekly thing) & who knows a place where we could have it. Obviously noise is a big factor & complaints from local residents. Maybe the council could help. Any way I thought I'd start by writing to you & asking if something couldn't be put in Greenwave about it.

Yours Sincerely,      Dave Ellis.

\* \*

SO HOW ABOUT IT? D'YA WANNA DANCE?

Any-one who's got ideas, time and/or energy for getting something together please write to Greenwave or ring Mark on C.861749. We'll be happy to get people together and to do what we can make it succeed. If your soul yearns for a good bop then let's do something about it!

David L.

Ginger beard has a play room, art room, front room. you go on outings and you can play with the parachute and play with some games too.

Sometimes you can play with the football game on some of the walls there are pictures what the children have done. If you want to read a book you can read a book or a comic.

Lucy Williams age 8



Gingerbread. Tel. C.321562

## Local elections

TO VOTE ECO.....

There will be several Eco candidates standing in and around Cambridge in the May elections. Also, by great good fortune, we managed to find an 'evil woman' (Mrs. Emily Blatch's phrase) to stand in Alconbury against Mrs. Blatch herself. We want to have an active four weeks, when we will publicise green politics.

But on May 2nd, when the votes are counted, we want to see an end to this present Conservative administration, which has worked so hard against green ideals.

Early on, therefore, we made up our minds that we wouldn't stand in marginal wards. In other words, we wouldn't help a vulnerable Tory by splitting the opposition vote. We made our own calculations and decided to rule out Newnham and West Chesterton, which should go to the Alliance, and Coleridge, which ought to go to Labour. Queen Edith and East Chesterton are unpredictable too.

This was not an easy decision to make, as we have people who would willingly have stood in two or three of these places, but we felt it was right. What's the point of spending four weeks advertising green politics, if the end result is to guarantee another four years for this Tory county council?

Sometimes though, when we do stand, we're greeted with expressions of hurt surprise from other politicians. How could we think of taking votes from such a green socialist or such a green liberal?

Well, the Labour party could stand down in Newnham, or West Chesterton, and if they did, they'd guarantee a Tory defeat. The same goes for the Alliance in Coleridge.

Could we please suggest that if the other politicians don't mind 'splitting the vote' themselves, even in seats where it carries the very highest risk, then they would respect our right to stand too.

Guy Grimley

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.....OR ELECT NOT TO VOTE?

As the next round of County Council elections approaches have you decided what to do with this rare chance to choose who is going to make your decisions for you for the next few years? As anarcho-syndicalists we believe the whole structure of local political representation has to be changed, and this cannot happen by a re-shuffle at Shire Hall. People who are interested in single issues such as conservation or transport for example, will no doubt be tempted to vote in the hope that they will see reforms in these areas under a new council.

Some reforms will always be passed under pressure of public opinion, because they will want your votes the next time round, but there are more effective ways in which public opinion can make itself felt without the waste of time and energy involved in campaigning to put a political party into power. And reforms achieved in this way will only be superficial as long as the power structure remains.

Until there are radical changes in the class-structure of our society, with the abolition of the wage system, and with workers' control of industry and land, any council in this county can only continue to serve as a front for the National Farmers Union, the University and other vested interests. Obviously such radical changes cannot be brought about through the present democratic system with its inbuilt inequalities, so this time, instead of rushing out to prop up the existing system, why not get organised in the workplace and the community to fight for what you want and to take back the power and the responsibility which you have been willing to delegate to others.

#### Cambridge Direct Action Movement

Cambridge Direct Action Movement is a local group which exists to spread the ideas and practice of revolutionary unionism. The DAM is the British section of the International Workers Association. If you want to find out more about us and our ideas, contact:

Box DAM, c/o Cambridge Free Press, 25 Gwydir St., Cambridge. Enclose large SAE for a copy of the paper, Direct Action, or our broadsheet, the Cambridge Syndicalist.

#### TREE SURGEONS

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Mick Nixon  
Histon 2206

# New age education

Two years ago a small group of teachers involved with the psychosynthesis and Education Trust, in London, began to run workshops for children. Our own childhood pain and frustration with the education system motivated us to create a different context for children to be in. For me the most important criteria were offering children a space in which they were encouraged to express their feelings about themselves and each other, and the opportunity to be still and connect with their inner quiet wisdom.

The emotional and spiritual aspects of a child's development are, in my experience, seriously neglected in schools, where the emphasis is on physical and mental growth; so in seeking to include these vital aspects our intention is to complement the existing system and to fill a great need for wholistic education for young people.

A workshop has a theme - it may be Creativity or Adventure or Celebration, which is incorporated through many activities. These would include physical games, sensitivity training, dancing, drama, making music, art, discussion, etc. Clearly some of these activities would encourage a child to get in touch with his inner experience and facilitate meaningful sharing; other activities involve group interaction, which creates a group consciousness. For instance, I might ask the children to imagine their ideal world using plasticine and paints and anything they might like to put in it. Obviously the children get fired with enthusiasm in creating their sculpture, usually to the exclusion of noticing what's going on around them. I use this opportunity to look at the group process - what is happening with each person, how they are dealing with conflicts, how it feels to not have your ideas acknowledged. These issues to me are as important, if not more so, than the end result, and need to be talked about to develop healthy interpersonal relationships.

I'm realising how hard it is to describe what goes on in groups; I could explain various exercises we might do with children, but that's not really it. They are simply the form on which we can create an environment - a circle of trust, inner sharing and deep caring between us all - it's hard to describe an atmosphere. What I do know is that being in that kind of environment leads children to have a profound experience of their uniqueness and of being part of a loving group.



As an extension to our work with children we have been running workshops for parents, aimed at supporting them in understanding childhood issues and developing healthier and more satisfying relationships with their children.

Also, in recognizing the role of educators within the educational system and acknowledging the difficulties in which teachers, helping them to fulfil their personal and professional needs and for enriching their spiritual awareness. Courses we are offering at present cover subjects such as assertion and caring, looking at how we can guide children towards autonomy and responsibility - an essential component in dealing with disruptive behaviour - and at the same time including the need for caring and the reality of interdependence.

Another theme we cover is looking at how major issues of our times impinge directly on the child and colour his world view. We look at how we can guide young people through such issues as the environment, the nuclear threat, unemployment, racist and sexist attitudes, enabling him to meet adulthood with confidence and optimism.

we see a tremendous need and potential for this kind of work and would encourage everyone involved in personal growth to share in it.

Lynn Gibson

For details of workshops for parents & children send SAE to The Psychosynthesis & Education trust, 3rd Floor, 188 - 194 Old Street, London EC1 Tel. 01-608 2231 Anyone interested in getting workshops in Cambridge, contact Lyn Wimmer, 37 Victoria Road, Cambridge CB4 3BW

## RELAXATION THERAPY

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## POLARITY THERAPY

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Health Building Diets

Explores the relationship  
between the mind  
and body

# Now....what about the one in four?

One in four girls are raped or sexually molested in childhood by an adult male (1). The rapist/molester is usually a man in a position of authority, for example, fathers, step-fathers, brothers, uncles, teachers and baby-sitters. This is what is meant by the terms "incest" and child sex abuse.

In law incest is classified as "sexual inter-course between persons so closely related, that their marriage is prohibited." Rape Crisis feels that this is a totally inadequate definition which does not cover the reality of child sex abuse. Whether the attack consists of penile penetration, groping or fondling it is exploitation of children's ignorance, trust and obedience. It is the total abuse of power.

The term "child molester" may have conjured up images of a dirty old man in a rain-coat, or an alcoholic, or some sort of "sexual deviant". This is not the case. Incest occurs in every type of home regardless of status, income or family problems. It does not happen as a result of other problems in the family. The molesters are "normal" heterosexual men and are not unaware of their actions.

Most recent surveys prove that :

- 90% of molesters are adult heterosexual men
- 10% of molesters are young heterosexual men (i.e. brothers)
- 50% of these are likely to be molesting more than one child.
- 80% of the molesters are relatives or family friends.
- 20% of the molesters are strangers.

These attacks are not normally a "one off event". They usually span over a number of years.

Early research (based mainly on cases reported to the police), found that girls experienced attacks ten times as often as boys.

Sexual assaults occur at all ages, starting at a few months

old onwards. 40% of all reported cases were of girls under the age of ten (1). 27% of that forty were between the ages of 6 - 10. 13% were of the ages 0-6. The incidence of women sexually abusing children is extremely rare and is not even high enough to be shown in statistics. Attacks on boys and girls are usually committed by heterosexual men.

Men that are in a position of authority over children are in a position of power. A child is taught to not question, but to obey, respect and trust the adults who are 'caring'. Girls especially are expected to be compliant and passive and to respect older members of the family. It is the abuse of this power and the seeking of personal sexual satisfaction that leads to attacks of this kind. Most children find that they cannot tell anybody about incidents of this kind as often threats are made if they tell. Mostly these threats consist of violence, splitting up the family, that the man won't love them anymore, that there is a secret between them and that the molester/rapist is doing the child a favour by teaching them 'something special'.

Many girls are accused of seductive behaviour or 'asking for it'. This is how most rapists would like to see it and this is obviously how this myth came into being. Yes, children may be curious about bodies, but nobody could possibly mistake that for wanting sexual intercourse or molestation. It is just an excuse made by the rapist.

Attacks of this kind are by no means harmless. They not only have long-lasting emotional effects, but girls can be physically damaged for life by early sexual interference. Many may find themselves in psychiatric hospitals.

Children quite often are not believed when they report sexual abuse and are accused of making up stories. As the attacker is often an adult or older than the child, he is more often believed. Not being believed is a big fear in children, so most of them do not tell anyone, especially if they have been made to feel they are to blame. Because of the taboos around discussing sex many children are confused about what is happening and simply do not have a place to discuss it with anyone. Should the child tell anyone and it is reported to the police, she is often accused of lying and may face harrowing interrogation. Most often though, no action is taken. The conviction rate of cases that get to court is only 50%.

The maximum jail sentence for incest - ie sexual intercourse by a blood relative, by father, uncle or brother, in legal terms - is seven years if the girl is thirteen or over.

Offence	Maximum Sentence
Rape	Life
Buggery	Life
Incest with a girl under 13	Life
over 13	7 years
Unlawful sexual intercourse	
- with a girl under 13	Life
- with a girl under 16	2 years
Indecent assault	
-against a male	10 years
-against a girl under 13	5 years
- against a girl under 16	2 years
Indecency with or towards a child under 14	2 years

The average sentence given for incestuous attacks is two to three years, with a view to keeping the family together.

Most children live in fear of the next attack and feel that they cannot tell anyone. Not only do they face being sexually abused, they have to carry the mental burden as well as the fear of pregnancy. They may feel guilty and ashamed of what is happening. This can mean making friends is extremely difficult as they are so worried about being punished by the attacker if they tell, or if they are suspected of telling. Girls are already oppressed in the patriarchal family system and being sexually abused reinforces this oppression.

Very little help is available to children and adult women who have been abused as children. Many young women find that the only way out of an incestuous home is to marry early. A few run away but until recently there has been nowhere to go. Refuges for incest survivors are starting to emerge around the country. The Cambridge Young Girls Refuge Group is in the process of setting up such a refuge after years of campaigning which we hope will be open in the summer of '85.

25% of the calls received by the Cambridge Rape Crisis Group are calls from women that have been incestuously attacked as children. If you want help, advice on the law, pregnancy testing, V.D. testing, police, or if you just want to talk you can phone Rape Crisis on C 358314.

Wednesday from 6-12 and Saturday 11-5



GREENWAVE BIG PROBLEMS : STICKY PATCH : RAINY DAY : CRISIS APPEAL

The main reason that we've been able to pay our way to date is the fact of having a rather exceptional print deal with a rather exceptional printer. Owing to circumstances beyond his control, this arrangement has just been brought abruptly to an end.

We are determined that we shall continue producing Greenwave one way or another, even if it means buying our own press. Whatever the solution, it's likely to involve money - which we don't have.....So.....

However little it is, please try to send us something towards keeping your little green mag alive and chattering. Make cheques payable to 'Greenwave' and post to 'GreenWave Appeal', The Gate House, Fen Road, Milton, Cambs. CB4 4AF.

If one of us could come and speak at a meeting on behalf of the mag. Please call Mark on C.861749 to make arrangements.

With thanks in anticipation,  
The GreenWave Group.

There is an Incest Survivors Group that meets in Cambridge. please call Rape Crisis for details. All calls are confidential and our meeting places are safe.

The Cambridge Rape Crisis Group and the Young Girls Refuge Group is in need of volunteers. If any women are interested in joining either of these groups please call C 358314 and leave your name and address on the ansaphone so that we can contact you .

References and suggested reading:

- 1)'Incest; Fact and Myth.' Sarah Nelson.  
Sexual Behavior in the Human Female" Kinsey, Pomeroy, Martin. Philadelphia:Saunders. 1953.

Father Daughter Rape' Elizabeth Ward. Pub: Women's Press.

Ask any Woman' A London enquiry into Rape and Sexual assault. Ruth E Hall. Pub. Falling Wall Press.

INTRODUCTORY EXPERIENTIAL COURSE  
IN

# Bio~energetics and Gestalt

WITH

MARGARET DYSON & HELEN MCLEAN

JUNE - JULY 1985

This short course is offered to people working in the helping professions and those wishing to explore their interest in therapeutic work. The course may be used as a preliminary to joining the Training Group, an ongoing course  
Course contents: 2 Weekends & 4 evening groups. Cost £120  
For further information write to 4 Kimberley Road, Cambridge  
CB4 1HH. Tel. (0223) 67311 or (0223) 210705

DEEP TISSUE BODY WORK

POSTURAL INTEGRATION

PULSING

Carolyn Milbank, 3 Pretoria Rd., Cambridge. C: 316411

# Woodcraft Folk

The Woodcraft Folk is a national children's movement in broad agreement with the aims of the Green Movement. It is affiliated with similar Green oriented children's movements in other nations. The movement, which celebrates its 60th Anniversary this year, is based on a philosophy of peace, co-operation and equality. It is committed to the study and protection of our environment, both urban and rural, and aims to educate its members in the careful use and management of the resources available on this planet Earth. The Woodcraft Folk are divided into three age groups: Elfins, aged 6 to 9; Pioneers, aged 10 to 12; and Venturers, aged 14 to 15. At present in Cambridge there are three Elfin Groups and two Pioneer groups and the hope that it will be possible to form a Venturers group in the near future. During the school terms the groups meet weekly in a programme that includes craftwork, folk singing, discussion and games, and involves making decisions in a democratic and collective way. In addition to these weekly meetings, there are periodic rambles, activity days and, during the camping season, camping. Camping activities planned so far for the 1985 season include a long weekend at Wicken Fen Nature Reserve for the Elfins (at the end of April), a Whitsun bank holiday weekend for all the Woodcraft Folk, and an end of June weekend camp for Pioneers and a full week summer camp with the entire Region at the end of August. The increasing interest and requests for places in the five existing Cambridge groups, and the need for the formation of new groups in other parts of Cambridge, has led to an overall shortage of adult leadership. The Woodcraft Folk offer an opportunity for adults committed to the values of the Green Movement to work with children and to help them to understand the Green values of peace, co-operation and equality. If you are willing to help with this young Green movement, or if you simply want to know more about it, please ring the District Secretary, Sue Kingston, on Cambridge 242413.

Illya

## Day of Yoga

With Ken Thompson

(Wheel of Yoga T.E.T. - Regional Officer London Area)  
at Chesterton Community College

SUNDAY JUNE 2nd

Further details & programme from  
Hugh Frost, 6 Paddock Way, Sawston, Cambs. Tel. C.833120

**small ads** ARE FREE for the first fifteen words. 5p per word thereafter. Copy deadline for next issue is 1st JUNE '85.

USE RECYCLED PAPER and save our precious resources; trees, energy and water. We sell writing, printing, duplicating and photocopying paper. Write, telephone or call in for our catalogue. Paper Trading, Cambridge Friends of the Earth, The Bath House, Gwydir Street, Cambridge. Telephone C.312800

#### HOLISTIC HEALING MASSAGE & CASSETTES:

Bee pollen, Holistic healing, Why be bald? Meditation on love, Want to be healthy?, Whalesong. For details phone or write - Teresa Ashcroft, (0733) 310-783, PO Box 71, Peterborough PE1 5XH

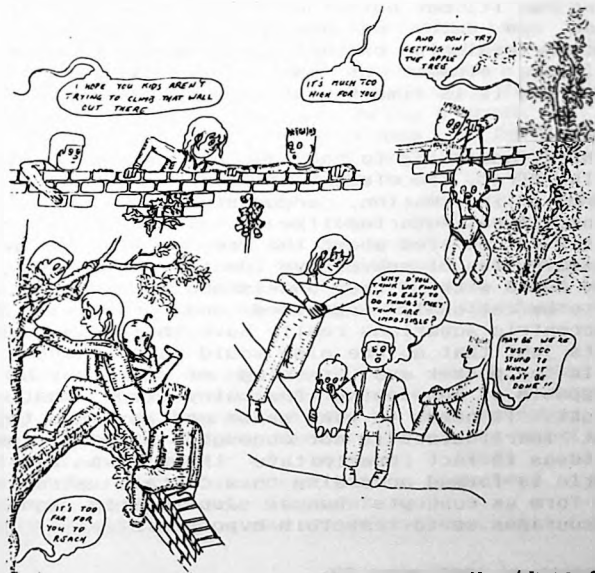
OFFICE / MEETING / HEALING SPACE to share. Contact Sarina, 41a Tennison Road, Cambridge Tel. C.322100

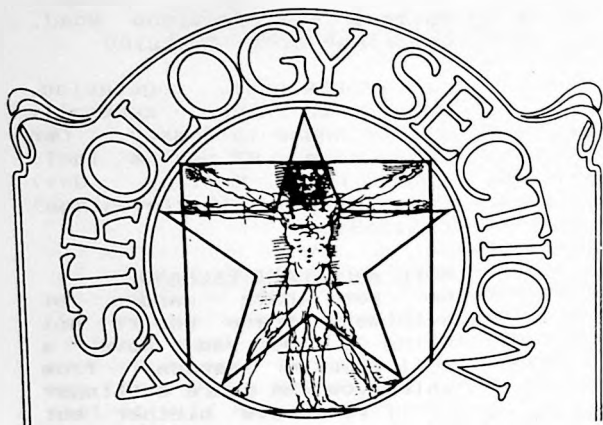
NON-SMOKER pref. vegetarian, wanted to share centrally heated house in Romsey. Own large room, 87 per m incl. Phone Paul McElroy (day) C.24515 ext.7215 (evenings) C.211484

#### SOIL AND PLANT EXCHANGE

Do you have garden or allotment space you're not using? Do you have a well-stocked garden from which you can spare cuttings? Or if you have niether but want some ground to work or cuttings to use then write to us and we'll print your message here.

CUTTINGS WANTED for stocking barren garden. Call Pete and Angi Jackson-Main on C.276637





Bizarre as it may seem to Greens, politics at present is obsessed by the element of earth. Not the living earth of the New Age, which nurtures us and which calls forth our loving care, but the dead earth of the patriarchy, inert matter which is worked by technology and possessed by the successful and exploited by good management.

People strongly influenced by the earth signs (Taurus, Virgo and Capricorn) talk in terms of gross national product, political stability and cost-effectiveness. They want to see the end result of their efforts, if possible in a form which can be weighed and measured! The more sensitive earthy types are the gardeners and gourmets and artists. They revel in the physical world without wanting to control or own it, but oblivious to any other values in life. Since the entry of Neptune and Jupiter into Capricorn at the beginning of last year, at the founding of Greenwave, the element of earth has in fact been idealized, so now it is time to put the other points of view.

These are three, according to the ancient system of the elements. The first, the element of air, structures the world in terms of information, argument and fact. Airy types (Gemini, Libra, Aquarius) like to talk to people. In politics, they get worried about the freedom of the press and the dissemination of subversive ideas. They think the world can be coped with if they understand it and they like everything to be rational, organised and orderly. Even so-called eccentric Aquarians really have their own concept of order: its just that no one else would have thought of it. Money in the pocket and Greening of the earth are equally incapable of convincing the airy type that the world is right. It needs to make sense and it needs to be talked about: inarticulacy is not enough. Air can remind earth that ideas in fact precipitate their own reality, that the world is formed according to a certain structure, and will re-form as concepts change. Jupiter in Aquarius all year encourages us to test this hypothesis.

Watery people, on the other hand (Cancer, Scorpio and Pisces) judge life by how they feel about it. They become Greens, if at all, because they feel upset about the poor exploited animals, or because they don't feel at home in the desacralized cosmos. We are going through a watery time until Saturn leaves Scorpio in mid-November: "gut feelings" and blind prejudice seem the order of the day; but the truth for watery people is that the world has to feel comfortable or inspiring or personally relevant before they will consent to live in it. Whereas air and the next element, fire, are channels for play, for adventure and encounter, water and earth are the elements of value, of whatever we hold onto and protect. And whereas earthy types once got drawn to Conservatism and profitability, watery types usually have a yen for Socialism and compassion. Water can remind earth that without emotional wellbeing, the greatest physical gains are an unsatisfactory substitute.

Needless to say, in a co-operative group all these elements are working towards different ends. The fourth element, that of fire, appeared in the government's election ticket as enterprise, initiative and self confidence. Untempered by respect for the material world, fieriness soon degenerates into greed and desperation, or else into futility and a sense of meaninglessness: a "scorched earth" policy or else barren political histrionics. Fire, the natural compliment to earth, has in fact to do with possibilities, interpretations, hope and ultimate significance, and the fire signs (Aries, Leo, Sagittarius) often express themselves through the Arts or through fringe religious movements. The fiery person in a group is likely to be disruptive because they are looking for more drama, but they are equally likely to bring a spark of new life into a stale situation. When Uranus and Jupiter moved into Sagittarius at the beginning of 1983, many people started a new phase in their lives, though true to type, the fire sign did not have much effect on material institutions. Greens can bring fieriness into their earthy world by cultivating a craftsmanlike outlook rather than a merchant like accountability, and by taking part in sacred dance and Neopagan festivals and fringe theatre and all the energizing and inspiring activities which have sprung up within the movement.

Fire then reminds earth, even Green earth, that we will become inert peasants unless we welcome its unpredictable energy, and even worse, that by mid-November we might become prey to religious fanaticism of the worst kind, as the denied sense of meaning finds its outlet. Conservationists, Conservatives, recyclers, consumers, BEWARE the hidden sense of PLAY!

PRUDENCE JONES. Groups and consultations. Call C.323299



# PLAY-WORLD!

LAUGHTER AND PLAY FOR HEALTH, WELLBEING AND FUN

by Leo Rutherford

"A wise man is one who has not lost his child's heart"  
..... Meng Tse

"It is simpler to open the heart like a child than to  
unravel life's mysteries with thought" ..... Sri Chinmoy

It seems to me that we 'civilised' people have largely lost the ability to play. O.K. I know lots of people play football, cricket, tennis and many such games - Monopoly too - but these games are competitive. They are about skill, about winning, about achieving something and proving something. This is not play in the sense I mean. It is not the play we have all experienced as children - the natural, spontaneous, unpremeditated, non-manipulative play that is just in the moment of NOW. That is REAL play and we lose it in 'growing up'. We lose the ability to be 'in the process' and become obsessed with the end result - winning (or for some people - losing).

We have been taught to live in the world through our left brain - our logical, rational, counting brain - while our right brain, the intuitive, holistic, visionary side of us, is reduced to less importance and all too often almost forgotten. One great way to reactivate this lost ability, is non-competitive play .... and for me this includes dancing, creating improvised theatre, drawing and singing. My interest in humour was stimulated long ago in acting out plays in childhood and my lifelong interest in theatre and, in particular, comedy, came with me in my odyssey into the Human Potential Movement when I set about changing my life in the mid-seventies. Humour is, after all, the great transformer. It is the means of changing tragedy into comedy, pain into pleasure, confusion into understanding. Much humour is based on pain, tragedy and error, from banana skin jokes to political satire. The ancient







American Indian tradition of the Heyeokah or Contrary, is the path of showing truth by affirming the opposite in a humorous manner.

#### HISTORY .....

In our history, witches, witchdoctors, faith healers, herbalists, shamans, sorcerers etc.

were made out to be evil; were pilloried, burnt at the stake and so on, by people who purported to be doing 'God's work'. What we now call Alternative Medicine is really the old medicine and healing arts of the planet, coming back bit by bit to take its rightful place as the real healing arts, and along with it, the true spiritual path is re-emerging slowly into consciousness. The truth is, that allopathic medicine is the alternative, and as such, it is very valuable, but it is not the mainstream as history shows. Incidentally, sorcery has been called the black art - and of course all healing and spiritual arts can be used for good or selfish purposes - but the original meaning of the word 'sorcerer' is someone who can connect with 'the Source' - in other words, God.

The tribal shaman can be seen to be a longtime antecedent of the psychotherapist. The shaman or witchdoctor was - and in those ancient cultures still surviving, still is - the psychotherapist and psychic healer, medical herbalist and priest. He was the connection with Spirit through his ability to go into trance and enter the visionary world, seeing the needs of his people, individually or collectively. Today these functions have not only become largely divorced from one another but there are many people practising one, who deny the usefulness of another. The idea that psychotherapy can be a secular activity divorced from spiritual life, is, in terms of the perhaps two million years of human history, an extraordinary and even weird idea! The word 'psychotherapist' contains its own definition - psyche means soul (not mind) and therapist comes from the Greek 'therapaia' - doctoring. So by definition, a psychotherapist is a doctor of the soul, not a meddler in the mind!

In many ways the psychotherapist and the comedian are brothers. They are both engaged in the same function. They are mirrors - one for society at large and one for the individual or small group. The comedian reflects the foibles and inanities of society in a way which makes this exposure tolerable - through humour; the psychotherapist reflects the traumas and neuroses of the individual client and guides the client to his or her truth. One of the antecedents of the comedian and the therapist is the Court Jester of the Kings of the middle ages. The Jester was both court comic and effectively, therapist to the King. He was the one person who could point to the Kings foibles



(neuroses) without getting his head chopped off!

#### THERAPY NOW.....

Western psychotherapy and psychiatry have rather tended to be serious, analytical, problem and pain oriented and to obey the churchianity injunction "you have to suffer to feel good"! In my early days in the Human Potential Movement, I used to think that was 'therapy' and I that I must be a whole lot more sick than I actually felt. I even got to thinking that when I was joyful and happy, I must be avoiding something!

There is a cycle one can get stuck in. I - me and my pain .... go to therapist/group for catharsis and relief .... be acknowledged for 'really working on myself' .... feel better for a bit, till something else happens .... more pain .... another group/session and more catharsis .... another round of acknowledgement and 'love' etc and so on. One gets rewarded for feeling bad and so it becomes "good to feel bad"! Another crazy knot is formed.

#### COMEDY AND TRAGEDY ....

Looking at 'heavy' and 'light' in terms of tragedy and comedy, Joseph Campbell in "The Hero with a Thousand Faces" tells us that .... "divine comedies ... in the ancient world were regarded as of a higher rank than tragedy; of a deeper truth, of a more difficult realisation, of a sounder structure and of a revelation more complete. The happy ending of the fairy tale, the myth and the divine comedy of the soul, is to be read, not as a contradiction but as a transcendence of the universal tragedy of man ... Tragedy is the shattering of forms and of our attachment to the forms: comedy, the wild and careless, inexhaustable joy of life invincible".

Well - I am now unequivocally, a seeker of the 'wild and careless, the inexhaustable joy of life invincible'! Previously, I had spent twenty years working in industry and became a stress-suffering Managing Director. However, I managed to retire from that career before an approaching nervous breakdown got me, and I embarked on changing my life. I got involved in the Human Potential Movement and went into therapy to help rebuild my rather tattered existence. For five years I lived in San Francisco where I completed my M.A. in Holistic Psychology at Antioch University. I learnt to dance with a wonderful teacher called Gabrielle Roth, at the Esalen Institute. I danced Tai Chi with Al





Chung-Liang Huang, an amazing, almost ethereal Chinese-American, and got inside Greek Myth and the gods of old, with another wonderful, charismatic teacher, Dr Jean Houston. I met with American Indians and learnt something of the ancient ways of the world and the magic of Shamans - all of which is a long way from business management!

#### PLAY-WORLD IS BORN!

Out of my many experiences I created PLAY-WORLD as a vehicle to help people find their playful spirit, their creativity, spontaneity, their true nature and a sense of real aliveness and joy in living. For many this involves finding their way out from inside an invisible prison of inhibition, fear, shyness, self-limitation, self-doubt, self criticism and even self-hate.

PLAY-WORLD is about being free - free to play, dance, sing and have fun just as we all did as kids - without anxiety about what 'other people think' and all those awful injunctions that we have picked up along the way. By actually doing this and not just talking about it, people gain back their confidence, their self-esteem and their power to be more and more their true self, instead of behaving as they think they are 'supposed to'. At Play-world we seek to create a method which is growthful and catalytic to help people to find lightness, love and laughter while keeping their feet on the ground! Though we look at aspects of personality and act them out - and some of the games we play in the ongoing workshops can be a bit devastating in what they reveal - the bulk of the work is about connecting with that part of ourselves which is beyond personality. It is about re-identifying from 'i' the individual separate ego-self, to 'I' the fragment of the Divine, connected to all, and part of the Universe. Once upon a time we were all children and we knew that holistic state of consciousness, called in ancient myth "the Holy Grail". We just were .... then we were "grewed-up", taught all sorts of right and wrong ways to be - to be competitive, that its a dog eat dog world, to be judgmental and categorize everything; that we are all separate and afraid .... and we lost that special sense of oneness and wonder. In coming to the Human Potential movement and spiritual movements, we consciously - or unconsciously - seek the Grail again.

For details of Play-world events and workshops contact  
PLAY-WORLD, 58 Westbere Road, London NW2 3RU 01-435-8174.

# Struggles

## BRINGING UP CHILDREN IN A NON-SEXIST FASHION

Non-sexist, what does this mean? To me it means not to discriminate, to allow freedom of choice. This, of course, is not as easy as it sounds. My first experience of this was a daughter who, when first given the freedom to choose her clothes at the ripe old age of 2 years, steadfastly refused to wear trousers or dungarees again and went on a spree of dresses. The first colour paint she learnt to mix was PINK and everything from then on had to be PINK. I sighed and continued not to interfere. Choice was the most important aspect.

And then there was a son who wore his pink hand-me-down babygros without a jot of interest, but when I first observed him at 6 months pick up a hammer and bang it with great pleasure. I knew it was going to be an uphill battle.

Every year I seethe and mutter to myself as the pre-Xmas ads batter my ears with the most blatant sexist concepts to be seen anywhere. Why don't I voice these mutterings? I tried that and was howled down "Ssh Mum, we like the ads." My token gesture in the Xmas stocking is to give William bracelets and Claire her own matchbox car, but for the rest I submit to their demands for the stereotyped presents.

I've come to the conclusion that the best education is from the role-model. Both Mum and Dad must be seen to break the moulds and it is by their behaviour that any sort of influence can be exerted. It must be made loud and clear as well.

An illustration of this must be when my son and I returned home one day. "Who's been here?" he asked as he pounced on a screwdriver. "Nobody", I replied, "that's mine." As if this was not enough, he did exactly the same with a hammer and I explained what I'd been doing with it. When a situation like this occurs it's easy to explain. How I wish there were more of them.

Another strong influence to counteract T.V. is strong vetting in the selection of books. Before I had my son, I found my daughter all the stories with girls as the main characters. This made me realise what a low content there was of girls doing exciting things, and

eventually found the Letterbox Library. This multi-cultural and non-sexist children's bookclub provides books free from both the male and female stereotypes. Of course I don't discard the obvious sexist books (mainly the classics), as a contrast must be made for the stereotypes to stand out.

I worry about loss of spontaneity within my relationships with the children if I had to make them conscious of their actions and my own. I have dived into Judith Arcana's "Every Mother's Son", (the role of mothers in the making of men) and came away feeling I couldn't cope with the intensity of continually creating a consciousness in everyday events. This is not to say that a lot of her ideas could not be used, but it would have to be whatever the individual could cope with.

A feeling of helplessness comes over me when watching boys fighting and girls wanting to be chased, but it also confirms my belief that the best way to bring up children in a non-sexist manner is by showing them what you are capable of, creating new moulds and stepping over the boundaries made in your own childhood.

Adrien Abbott

#### ACID RAIN

Acid Rain is the most serious problem facing the environment today. It is not just thousands of lakes in Sweden that are suffering, the damage is taking place world-wide. In Germany 50% of the forested area is affected, with many trees already dead. Eastern Europe, France, Denmark, Canada and the U.S.A. are all now realizing the cost to their environments.

Britain is the biggest contributor to Acid Rain in Europe and our Power Stations are the main cause, and yet Britain is the only major European country taking no steps to reduce its pollution! Perhaps one reason is the selfish but popular belief that the wind blows it all to Sweden and we are not affected. This is now being shown to be untrue:

lakes up Scotland and Wales are showing signs of acid poisoning and trees in the north of England are slowly dying. When will Britain accept its responsibility?

April 15th-20th, 1985 was designated International Acid Rain Week to increase public awareness of the problem, with Cambridge Friends of the Earth manning a stall outside Cambridge Guildhall on the 20th to provide information locally.

Steve Lloyd  
Coordinator, Cambridge FoE



## WHAT'S ON

All events in Cambridge unless otherwise stated.

APR 20th Psychodrama workshop 10-6, Argyle St. Housing co-op. Contact Barbara Tregear, Drinking Problem Clinic, Fulbourne Hospital. Tel. C.248074 ext.369

World Day for Laboratory Animals regional Demo. Ring Sean C.862553 for details.

APR 23rd Accupressure Course. 10 sessions- every Tuesday 7:30-9:30 at Cockroft Hall, Clarkson Rd. Call Dr T P Ly C.242824 to book.

APR 27th WORLD DAY FOR LABORATORY ANIMALS National Demo. C.862553 for details.

APR 27th Birth Conference. Stamford and Peterborough Birth Centre. Details Tel. Market Deeping 347407

MAY 2-8 Glastonbury Earth Mysteries Camp, Beltane. \25. Kids Free. Information and Advance tickets from: Palden and January, Glastonbury Camps, The Elms, West Pennard, Glastonbury, Somerset BA6 8DP 0458-32601

MAY 8th Friends of the Earth Speaker Meeting. Tel. C.312800 for details.

La Leche League meeting 'Nutrition and weaning' 10 The Leys, Burwell. Call Newmarket 741291 for details.

MAY 10-12 Friends of the Earth weekend trip to Alternative Technology Centre, Machynlleth, Tel. C.312800 for details.

MAY 11-19 National Bike Week. Call FoE office Tel. C.312800 for local details

MAY 11th Intuitive Massage for Women. Cambridge Women's Resources Centre. Bookings in advance to Christianne Heal 1 Saxon Street Camb. Tel. C.314620 (evenings)

- MAY 18th Cycle Action Group meeting. 8 pm The Bath House, Gwydir Street, Cambridge
- MAY 18th Visit (or help on) the Animal Rights Stall at the British Percheron Horse Society meet, Midsummer Common  
AND the Cycle Action Group stall outside the Guildhall
- May 19th Family Bike Ride. Slow paced, short distance, avoiding main roads, picnic lunch. From FoE office, Bath House, Gwydir St. Camb 11am.
- MAY 24th Hunts Soil Association plant meeting at "Chaddesley", Thicket Road, Houghton. Buy or exchange plants.
- MAY 25th Strawberry Fair. Midsummer Common, Cambridge
- JUN - JULY Introductory experiential course in Bio-energetics & Gestalt. Call Margaret Dyson or Helen McLean (C.67311 or C.210705) for details.
- JUN 1-2 Touch for Health 'Basics' w'end. Contact Romy Paine Tel. C.354734 for details and booking
- JUN 2nd Day of Yoga with Ken Thompson, Chesterton Community College. Details from Hugh Frost, 6 Paddock Way, Sawston, Cambs. C. 833120
- JUN 5th WORLD ENVIRONMENT DAY
- JUN 22nd -July 6th Women's Arts & Crafts Exhibition, daily 10-5 p.m., closed Sunday, in Exhibition Hall, Central Library, 3rd floor, Lion Yard, Cambridge. Admission Free.
- RSPCA Annual General Meeting
- JUN 29-30 Touch for Health 'Advanced' w'end. Contact Romy Paine Tel. C.354734 for details and booking

IT'S HERE, IT'S FREE, USE IT!

Greenwave's events listings are all free of charge so if you want publicity for meetings; events; groups or whatever send details (see inside front cover for address) or call C.861749

COPY DEADLINE for July - August - September events is June 1st.



# Regular Groups

## AFRICAN DANCE

Classes with Sagar Ngom of Senegal. Wednesdays 8 p.m. Eden School of Dance.

## AFRICAN DRUMMING LESSONS

79 Great Eastern St. For times ring 212997

## AMNESTY INTERNATIONAL

2nd Thursday of each month, Friends Meeting House, 7.45 Tel. 880335 for details

## ANTI-APARTHEID

Tuesdays monthly.  
Brian Williams C. 351078

## ANIMAL RIGHTS CAMBRIDGE

1st TUES. each month 7:30  
Wesley Hall Joan Court Tel. 311828

## ART AS SELF DISCOVERY

Netherhall Centre, Gunhild Way, Camb. Thursdays 7-9  
Gabriel Oliver 0.66874 or C. 243633

## ASTROLOGICAL ASSOCIATION

Monthly group, practising astrologers; Jane Giddings Cottenham: 51735

## ASTROLOGY

beginners class, 8 Portland Place, Cambridge, Max Holloway C. 60227

## LIVE YOUR ASTROLOGY

Prudence Jones C. 323299

## BIO-ENERGETICS

Margaret Dyson 4 Kimberley Rd C. 6731

## CAMBIENT

(Cambridge & Ely Naturalists' Trust) Meetings, outings Tel. C. 358144

## C.N.D.

1st Tues. of month 7:30  
Friends Meeting House, Camb

## COUNSELLING-THIRTY THREE

Young Peoples Counselling & Information Service Camb.  
Mon, Wed, Fri, Sat - 11-2  
Tues, Wed - 3-6  
Thur, Fri - 6-9  
33 Clarendon St. C. 316488

## ECOLOGY PARTY (Camb.)

2nd Thurs. in month. The Eagle, Bene't St. 8 p.m.  
Yvonne Douglas C. 211149

## ECOLOGY PARTY (P'boro)

1st Wed in month The Still, Cumbergate. Nigel Callaghan, P239098

## ESPERANTO SOCIETY

1st Mon. in month, B. Haswell 56 Tower St. Old Fletton, Peterborough. P. 41032

## FRIENDS OF THE EARTH

(Camb.) 3rd Tues. in month, Bath House, Gwydir St. C. 312800

## GESTALT

Helen McLean 25 Hemingford Road, Cambridge C. 350649

## GESTALT ART

Creativity & Energy groups, 'Beyond Therapy'. 1st & 3rd Sunday in every month. Tel. Cyril Mount C. 212609

## TOUCH FOR HEALTH

Romy Paine 27 de Freville Ave. C. 354734

## VEGETARIAN SOCIETY

2nd Monday monthly. The Eagle Pub, Bene't St. 8pm  
Bernard George Tel. Willingham (93) 60571

## WONT

(Women Opposing the Nuclear Threat). Every Thursday 8pm at The Women's Centre 49a Burleigh St. Cambridge (entrance in Paradise St).

# NETWORKS



## ANIMAL WELFARE

ANIMAL AID Joan Court  
74 Sturton St Cambridge  
CB1 2QA Tel: C.311828

BRITISH UNION FOR  
ABOLITION OF VIVISECTION Sean Gallagher, 10  
Station Rd, Waterbeach, Cambs

CAMBRIDGE RSPB GROUP &  
YOUNG ORNITHOLOGISTS  
CLUB Colin Parnell, 59  
Manor Gardens, Buckden,  
St Neots Hunts. PE18  
9TW. Tel: 0480 810881

CAMBRIDGE UNIVERSITY  
ANIMAL RIGHTS GROUP  
Shelley Gregory-Jones  
(Sec), Girton College,  
Cambridge. CB3 0JG  
HUNT SABOTEURS ASSOC.  
Richard Spearing, 10  
Huntingdon Rd Cambridge  
Tel: C.353116

MARCH ANIMAL RIGHTS  
Phone Chris on March  
(0354) 55182 (Mornings)  
RSPCA

Area Community Centre,  
Newmarket. Tel: N (94)  
749492 Clinic: Great  
Eastern St. Cambridge  
Tel: C.247986

WORLD WILDLIFE FUND  
Miss C D Lewis, 3 Toyse  
Close, Burwell. Tel:  
Nwmkt (94) 741034

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